

From a Child and Adolescent's Perspective

Fall 2018

Perspectives Counseling Centers and Heron Ridge Associates Invite YOU to our Fall Open House

STOP THE VIOLENCE IN OUR SCHOOLS

Points of

Interest:

- Explore Security VS Safety
- What is Mental Health Literacy and why is it important?
- Learn how the I.M.P.A.C.T. program can benefit your school

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Presented by:
Olivia Dixon, LLPC
&
Diana Jennings, MS, LLP

Friday, November 30th

9am-12pm

Perspectives Counseling Centers-Troy

&

Monday, December 3rd

9am-12pm

Perspectives Counseling Centers- Plymouth

Space is limited!

Please call (248) 244-8644 to reserve your spot!!!

Visit us at perspectivesoftroy.com

*This seminar is offered as a
thank you to our referral
sources!*

*Continental Breakfast
provided.*





Research Rainbow



How Much is Too Much?

By Lisa Papiez, MA, LPC

A busy child does not always mean a happy child. With school starting, many children's schedules become overloaded with various extra-curricular activities (sports and clubs). Having your child involved in many different activities may have both positive and negative effects.

The positive effects of after school activities and clubs are keeping your children involved, socialization with their peers, teaching them responsibility and having them focus on something positive. A happy child is often a child who feels included and a part of a team or activity. With parental monitoring, sports and clubs are a great experience for our children.

The negative impact of a busy schedule includes lack of sleep, irritability, stunted imagination, poor social interactions, and poor attention. As a parent, if you notice your child starting to act moody and irritable, take a close look at your child's schedule. Is your child getting enough sleep and down time or are they participating in too many activities?

Sleep is important for children of all ages as it allows the body and brain time to recharge. During sleep, the body's muscles and tissues repair themselves, enabling the body to grow, and the immune system is strengthened. Sleep helps the brain process what was learned during the day, increase

concentration and prepare for the following day.

A lack of sleep will increase a child's irritability, creating poor social interactions and poor attention. Down time is important for kids to release the stress and pressure of their schedule and activities. This time will allow the children to process the events of the day and recharge. Down time does not necessarily mean napping, it can include listening to music, reading a book, and coloring. Kids also need time to utilize their imagination and increase their creativity. Down time stimulates the creative part of the brain, allowing kids to discover who they are and what they like to do.

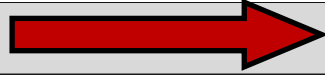
An emotionally healthy child is a well-balanced individual who is able to participate in different activities, but still has time to sleep and relax. If you notice a change in your child's mood, take a look at their schedule and ask yourself if there is a healthy balance.



Lisa Papiez is a therapist with eight years of experience working with children, adolescents, and families. She specializes in the treatment of anxiety, depression, and many other mental and behavioral health related concerns.

Groups, Workshops and More

Children's Groups



SOCIAL SKILLS GROUP

Ages 8-12yrs

Mondays: 7:30pm - 9:00pm

Troy Location

8 Weeks Beginning

Call for Current Schedule

Leader: Mary Costa, LMSW

STRESS BUSTERS

Ages 8-12yrs

Saturday: 10:00am - 3:00pm

Troy Location

A One Day Workshop

November 10, 2018

Leader: Michael Joy, MA, LPC

SOCIAL SKILLS GROUP

Ages 8-12yrs

Wednesdays: 7:30pm - 9:00pm

Plymouth Location

8 Weeks Beginning

Call for Current Schedule

Leader: Diana Jennings, MS, LLP

Adolescent Groups

**Call for current schedule
(248) 244-8644
perspectivesoftroy.com**

DBT Skills Group

CHANGING STRONG EMOTIONS

Ages 13-17yrs

Thursdays: 7:30pm - 9:00pm

Troy Location

An 8 Week Group

Call for Current Schedule

Leader: Aleksandra Nedelkoski, MA LPC

TEEN E.D.G.E

Ages 13-18yrs

Thursdays: 7:30pm - 9:00pm

Troy Location

An 8 Week Group

Call for Current Schedule

Leader: John Noteware, LMSW

THE PARENT E.D.G.E.

Parents of Adolescents

Who Engage In Self-Injury

Tuesdays: 7:30pm - 9:00pm

Troy Location

An Evening Seminar

Call for Current Schedule

Leader: Leslie Johnsen, MA, LLP

Adult Groups



CODEPENDENCY

Ages 18yrs and Older

Saturday: 10:00am - 2:00pm

Troy Location

A One Day Seminar

Call for Current Schedule

Leader: Karolyn Thompson, PhD, LPC

ANGER MANAGEMENT GROUP

Men ages 18yrs and Older

Thursdays: 6:00pm - 7:30pm

Troy Location

An 8 Week Group

Call for Current Schedule

Leader: Joe Lilly, LMSW

WOMEN'S EMPOWERMENT

Ages 18yrs and Older

Saturday: 10:00am - 2:00pm

Troy Location

A One Day Workshop

Call for Current Schedule

Leader: Pearl Stewart, MA, LPC

**Perspectives Counseling
Centers**

888 W. Big Beaver
Ste. 1450
Troy, MI 48084
(248) 244-8644

4151 17 Mile Rd., Ste. D
Sterling Heights, MI
48310
(586) 268-6712

23965 Novi Rd., Ste. 130
Novi, MI 48375
(248) 946-4664

3694 Clarkston Rd, Ste. D
Clarkston, MI 48348
(248) 688-9021

705 S Main St, Ste. 280
Plymouth, MI 48170
(248) 688-9071

*Perspectives Counseling Centers has a
convenient location near you!*

1 Great Resource, 5 Great Locations!

**Troy, Sterling Heights, Novi,
Clarkston and Plymouth**

*We are committed to the improvement of
mental health and well-being of children
and adolescents on an ongoing basis.*

*Questions and suggestions regarding the
Children's Department can be directed*

*to Diana Jennings, MS, LLP
at (248) 244-8644.*

*Perspectives is now
offering additional
psychiatric services!*

